

THE DAILY REVIEW'S Saturday Market Page

The best the market affords at lowest prices. Watch this page every Saturday. The freshest Fruits and Vegetables, the choicest Meats and Poultry, the nicest Bakery, Dairy and other products are advertised on this page. It behooves each housewife to give careful consideration to her marketing. Great savings can be affected by watching the "Specials" and by using the Review's Economy Menu's and being guided by scientific recipes shown on this page : : : : :

SPECIALS TODAY

VEAL, BEEF, PORK AND MUTTON

| | |
|----------------------------|------|
| Any Roast Cuts of Veal | 30c |
| Veal Shoulder Roast | 20c |
| Veal Round and Loin Steaks | 30c |
| Veal Stew | 17½c |
| Beef Shoulder Pot Roasts | 20c |
| Beef Stew | 15c |

ALL KINDS OF PICKLES

| | |
|-------------------|----------------|
| Sweet Pickles | 20c Pint |
| Sour and Dill | 20c Doz. |
| Salt Mackerel | 15c, 2 for 25c |
| Pickled Pigs Feet | 15c per Lb. |
| Case Eggs | 60c |

MASON'S MARKET

Brewery Ave. Phone 324

CULL & HART Specials for Today

| | |
|--------------------------------------|-----|
| Corn Beef, 1s, per can | 35c |
| Pink Salmon, 1s, per can | 15c |
| Red Salmon, tall, 1s, per can | 30c |
| Graham Crax, per pkg. | 12c |
| Cream of Barley, per pkg. | 12c |
| Van Camp's Soup, per can | 10c |
| Fresh Toms, while they last, per Lb. | 10c |
| Local Peaches, per Lb. | 07c |

Cull & Hart

PHONE 221 LOWELL

BREAD!

CAREFULLY SELECT YOUR "STAFF OF LIFE"

Order once either Our "Sanitary Sealed" Bread, Home Made Loaf, Long or Round French Loaf, Harvest 2 Lb. Bread, or Real Rye.

YOU ARE SURE TO BE PLEASED

Sanitary Bakery

LOWELL PHONE 75

HOT WEATHER HINTS HELPFUL TO SHOPPERS

BY BIDDY BYE.
Beating the heat—that's our chief concern in these days. And beating the heat—to maintain health and comparative comfort in August weather is easy enough—by following a few simple health rules. This feeling of being "too hot to live" is partly psychological.

Keep your mind off the heat—don't watch the thermometer—don't think only of the heat. Keep quietly busy about some task or amusement and forget the temperature. Don't talk about it, or read newspaper heat records and accounts of prostrations.

Keep the general health up to proper standard. Don't get run down. Don't overwork—mentally or physically, and be careful to get a full allowance of both food and sleep.

When heavy high seasoned foods repel, there is provided the delicious alternative of fresh vegetables—of every tempting color and flavor. Follow the food instinct in hot weather. Turn from heavy dishes and confine the menus mostly to fruits, salads, breads, cold cereals and vegetables, and add plenty of frozen desserts and cool beverages. Get the necessary proteins from meat, fish, cheese, nuts and cereals.

Go to the market and buy the foods in season. In fruits these include cantaloupes, watermelons, casawba melons, blackberries, raspberries, grapes, peaches, plums, late cherries, apricots, blueberries, pineapples, oranges, bananas, lemons, gooseberries, currants and apples. The seasonable vegetables include beans, green, wax and lima, beets, carrots, cauliflower, cucumber, eggplant, tomatoes, peas, peppers, onions, lettuce, radishes, potatoes, new turnips, besides spinach, swiss chard, beet greens and water cress.

There is a wonderful array of good things. Don't let the family meals get in a rut. Go to the market, get suggestions, buy carefully and cook and serve with that nice flavor of imagination and scientific skill which makes a meal a work of art instead of a task.

SUNDAY.
Breakfast: Iced cantaloupes, waffles, sirup or honey, coffee.
Dinner: Fricassee of chicken, new potatoes and peas, apple sauce, new turnips in cream, hot biscuit, lemon sherbert, cakes.
Supper: Cheese and nut sandwiches, chilled chicken bullion, cakes, sherbert.

MONDAY.
Breakfast: Cold cream of wheat with blackberries and cream, cinnamon toast, iced or hot coffee.
Lunch: Lima beans, cucumber and mayonnaise sandwiches, fresh cup cakes, iced tea.
Dinner: Cream of tomato soup, buttered carrots, beet greens with French dressing, corn pone, watermelon, iced.

TUESDAY.
Breakfast: Vegetable hash, creamed on toast, fresh plums, coffee.

Lunch: Oil sardines with French dressing, brown bread and butter, iced grape juice.

Dinner: Baked green peppers with rice and nut filling, tomato sauce, buttered beets, lettuce salad, with hard boiled eggs, raspberry short-cake.

WEDNESDAY.
Breakfast: Iced cantaloupes, cold molded oatmeal with cream, toast, coffee.

Lunch: Green peas loaf, with white sauce, onion sandwiches, cookie iced berry juice and lemonade.

Dinner: Canned salmon with egg sauce, green beans, tomato salad, sponge cake with custard sauce, iced chocolate.

THURSDAY.
Breakfast: Shredded wheat biscuits with fresh apricots, omelet, coffee.

Lunch: Bacon sandwiches, creamed peas and carrots, iced grape juice, cookies.

Dinner: Baker macaroni, cheese and green peppers, steamed spinach with French dressing, corn bread, cantaloupes with ice cream.

FRIDAY.
Breakfast: Sliced peaches, corn fritters and syrup, coffee.

Lunch: Baked tomatoes with egg stuffing, bread and butter, fresh apple sauce.

Dinner: Fried fresh fish, creamed new potatoes, cauliflower salad, pineapple ice, sponge cake.

SATURDAY.
Breakfast: Grapes, green peas omelette, toast, coffee.

Lunch: Hot bran rolls, cottage cheese, fruit salad.

Dinner: Mutton stew with vegetables, rolls, cucumber and onion salad, peach gelatin, with whipped cream.

Get the Best, The Freshest

CREAM
MILK
BUTTER
and
EGGS

Our Prices Are Right
Trade Here For Quality

Bisbee Creamery
ALLEN BLOCK

Car of Fresh Fruits and Vegetables Just Arrived

We have big quantities of Satsumma Plums for Canning

SPECIAL—PEACHES 3 LBS. FOR 25c

CANTALOUPE

| | |
|--------------------|-----------|
| Extra Large Jumbos | 10c |
| Standards | 3 for 25c |

A Complete Line of Fresh Fruits and Vegeables. Come Here While You Are Shopping.

BUSY BEE Fruit Market

FREE DELIVERY PHONE 354

EACH SATURDAY'S REVIEW

Contains the Market Page. You may depend upon seeing only high class Merchants' Advertisements and rely upon the Goods as being the Choicest and Freshest procurable.

SUGGESTIONS FOR Your SUNDAY DINNER

**Special Genuine K. C.
SPRING LAMB
SPRING CHICKENS**

We have just what you want in either Live or Dressed Spring Chickens.

REMEMBER all our Poultry is home dressed.

Special Cuts of K. C. Meats, Milk Fed Veal, Mutton, Pork—all quality cuts, tender and delicious.

We can save you Money. Compare our Meats and our Prices. We sell for Cash and handle the best grades of Meats that can be bought.

MINERS MEAT MARKET

PHONE 141 NACO ROAD

DELICIOUS FRUITS

Home Grown)

| | |
|------------------|-----|
| Peaches, per lb. | 10c |
| Apples, per lb. | 10c |
| Pears, per lb. | 15c |

Also received shipment of Calif. Alligator Pears, Muskmelons, Casabas & Honey Dew. Full line of Vegetables.

City Fruit Market

BREWERY GULUCH

Phone 846

Coffee!

**SELECT,
FRAGRANT
AND PURE**

Absolutely Guaranteed to give Perfect Satisfaction.

Newmarks!

COFFEE

Vacuum Packed in 1-2½ and 5 Lb. Cans.

Arizona Grocery Co.

MAIN ST.

Saturday Specials!

SPRING LAMB

FRESH PORK

SPRING CHICKENS
(Live or Dressed)

TOVREA'S

All Meats U. S. Inspected

Brewery Ave.

Czar Cash Market

Johnson Meat Co.

Lowell

Warren

